



National Nutrient Database for Standard Reference

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Statistics Report 48052, Vital wheat gluten

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	8.20	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	03/2003
Energy ¹	kcal	370	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	03/2003
Energy	kJ	1548	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	03/2003
Protein ¹	g	75.16	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	03/2003
Total lipid (fat) ¹	g	1.85	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	03/2003
Ash ¹	g	1.00	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	03/2003
Carbohydrate, by difference	g	13.79	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Fiber, total dietary ¹	g	0.6	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	-- 03/2003
Minerals													
Calcium, Ca ¹	mg	142	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	-- 03/2003
Iron, Fe ¹	mg	5.20	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	-- 03/2003
Magnesium, Mg	mg	25	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
Phosphorus, P ¹	mg	260	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	-- 03/2003
Potassium, K ¹	mg	100	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	-- 03/2003
Sodium, Na ¹	mg	29	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	-- 03/2003
Zinc, Zn	mg	0.85	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
Copper, Cu	mg	0.182	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
Selenium, Se	µg	39.7	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
Thiamin	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	-- 03/2003
Riboflavin	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	-- 03/2003
Niacin	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	-- 03/2003
Pantothenic acid	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	-- 08/1997
Vitamin B-6	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	-- 08/1997
Folate, total	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	-- 08/1997

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Folate, food	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1997
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Lipids													
Fatty acids, total saturated	g	0.272	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
14:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
16:0	g	0.243	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
Fatty acids, total monounsaturated	g	0.156	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
16:1 undifferentiated	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
18:1 undifferentiated	g	0.150	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
Fatty acids, total polyunsaturated	g	0.810	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
18:2 undifferentiated	g	0.763	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
18:3 undifferentiated	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	20083	03/2003
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1997
Amino Acids													
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1997
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003

Sources of Data¹MGP Ingredients Nutrient Analyses of Vital Wheat Gluten, 2002 Atchison KS